

**AMENDMENTS**

**In the Claims:**

This listing of claims will replace all prior versions, and listings of the claims in the application:

1. (Currently Amended) An exercise device comprising:  
a frame including a substantially longitudinal portion;  
a base adapted for linear motion and supported by said substantially longitudinal portion of said frame;  
~~a multi-position lock mounted to said frame, said lock enabling a plurality of secure angular orientations relative to said frame;~~  
~~a bar adapted to couple to said multi-position lock~~ a handle operatively connected to said frame; and  
a head portion pivotally mounted to said frame and including a spring releasably coupled to said frame thereby, when engaged said spring allows resistance to movement of said head portion, wherein said longitudinal portion of said frame and said base adapted for linear motion are in combination comprised of a male and a female tube that telescope relative to one another.
2. Cancelled.
3. (Original) The exercise device as in claim 1, wherein said multi-position lock is comprised of a first portion releasably secured to a second portion, the first portion mounted to said frame and said second portion adapted to receive said bar.
4. (Original) The exercise device as in claim 1, wherein said bar is further comprised of a free end, a handle and a flexible portion.
5. (Original) The exercise device as in claim 4, wherein said flexible portion is comprised of a coil spring that is mounted between said free end and said handle.

6. (Original) The exercise device as in claim 1, wherein said head portion includes a head frame mounted to a head support, said head frame mounted to said spring.
7. (Original) The exercise device as in claim 6, wherein said spring is comprised of a torsion spring.
8. (Original) The exercise device as in claim 1, wherein said spring is releasably coupled to said frame by way of a locking pin and a spring ear.
9. (Original) The exercise device as in claim 8, wherein said locking pin is movably mounted to said frame and said spring ear is mounted to said spring.
10. (Original) The exercise device as in claim 1, wherein said base includes at least one wheel capable of articulation on a supportive surface.
11. (Currently Amended) An exercise device comprising:
  - a frame;
  - a base adapted for linear motion and supported by said frame;
  - ~~a multi-position lock mounted to said frame, said lock enabling a plurality of secure angular orientations relative to said frame;~~
  - ~~a bar adapted to couple to said multi-position lock~~ a handle operatively connected to said frame; and
  - a head portion pivotally mounted to said frame and including a spring releasably coupled to said frame thereby, when engaged said spring allows resistance to movement of said head portion, wherein said frame and said base adapted for linear motion in combination are comprised of a male and a female tube that telescope relative to one another.
12. Cancelled.

13. (Original) The exercise device as in claim 11, wherein said multi-position lock is comprised of a first portion releasably secured to a second portion, the first portion mounted to said frame and said second portion adapted to receive said bar.
14. (Original) The exercise device as in claim 1, wherein said bar is further comprised of a free end, a handle and a flexible portion.
15. (Original) The exercise device as in claim 14, wherein said flexible portion is comprised of a coil spring that is mounted between said free end and said handle.
16. (Original) The exercise device as in claim 11, wherein said head portion includes a head frame mounted to a head support, said head frame mounted to said spring.
17. (Original) The exercise device as in claim 16, wherein said spring is comprised of a torsion spring.
18. (Original) The exercise device as in claim 11, wherein said spring is releasably coupled to said frame by way of a locking pin and a spring ear.
19. (Original) The exercise device as in claim 18, wherein said locking pin is movably mounted to said frame and said spring ear is mounted to said spring.
20. (Original) The exercise device as in claim 11, wherein said base includes at least one wheel capable of articulation on a supportive surface.